

THE UNDERGROUND

The Unofficial Student Publication of Missouri State University

August 2009
Special Edition



Roaring Back to Class

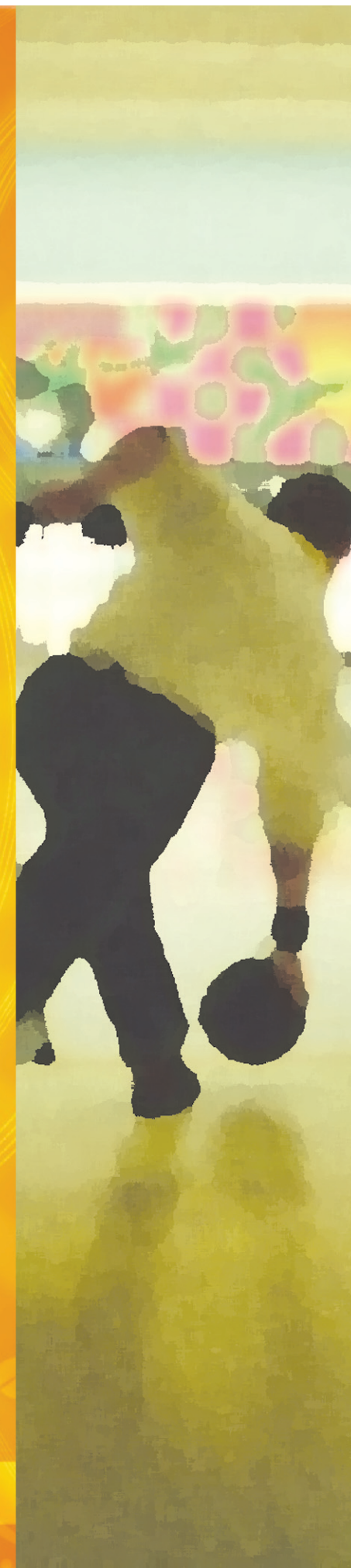
College and Military Night

Bring in your valid college or military
ID for exclusive offers such as:

- Free Shoe Rental
- \$1.00 off Games
- \$3.75/hour pool

Offer is valid only on Wednesday evenings from 9:00 - Midnight

Battlefield lanes • 1127 E Battlefield • 417.883.1234
visit us online at Battlefieldlanes.com • myspace.com/battlefieldlanes • facebook.com



Make this year the best ever

Welcome back to school. You're probably excited about finding a routine, whether it's one that you had before, or a whole new one. Numerous clubs, organizations, and sporting groups would love for you to join their ranks.

After all, college is about more than just getting a degree, it's an experience. So, as you're gearing up to face all of this, and learning what to expect, let me try and give you a different perspective on it. Let's face it, most of us are here for one reason: the carrot at the end of the stick. You know, that little piece of paper with your name, followed by initials such as B.A., B.S., M.B.A., or M.R.S. You'll need one of those initials to get in the door at just about any good job, and those initials can add some extra zeros to that paycheck (especially for the ladies when you get an M.R.S. Dr.)



Nate Bassett

THE UNDERGROUND

Mission: *The Underground* strives to serve as a voice of integrity on the campus of Missouri State University. *The Underground* endeavors to comprehensively cover important events and issues on campus and to approach each article with honesty, accuracy, integrity, fairness and public service in mind.

About Us: *The Underground* is an independent student publication. Written and produced by a staff of student volunteers, *The Underground* is neither funded nor officially recognized by Missouri State University. It prints once-a-month, with online updates in the interim. The newspaper is distributed on the MSU campus and at select local businesses. All articles are available online.

Unless you're one of the lucky few who get a full ride scholarship, the debt you'll incur from even attending a state school such as Missouri State will stick with you for a long, long time.

The hope is that the investment you put into your education will pay off in a way that helps you move up the social ladder, giving you opportunities that are impossible without a degree.

But there's a flip side. Statistics say several things are working against you. First of all, the gap between the rich and the poor is widening.

Second, studies also show that social mobility has slowed, even halted, in the United States.

And, most troubling, 30 percent of freshmen will either drop or flunk out by the end of the year, and half of the rest of you will never graduate. Few will actually return to college.

So while you're here, make the most of it. And this doesn't mean being a total bookworm, although that will help you graduate.

It means doing things that actually matter and help you explore your passions and interests.

After all, you're paying for it. Be grateful you have the chance to go to college, unlike many people here and abroad.

Here's a few ideas on how to make

the most of this coming year:

1. Take elective courses in things that interest you. Don't worry about how they relate to your major. Who knows, you might find a field you like much better.

2. Meet lots of people by going to events, joining groups, and getting out of your dorm room and away from the TV or computer.

3. Talk to your professors about the subjects you're interested in. They can help you figure out what you want to do when you get out of here.

4. Stop eating fast food. If you can afford to eat out, check out the local restaurants. Downtown is actually a really happening place.

5. Ride bikes. Leave your car at home. This will keep you in shape, keep you connected with campus and community, and it's fun.

6. Go to a protest. Organize a protest. Counter-protest a protest. You never know, you might make a difference.

7. Speak your mind, but even more important, listen to what others have to say.

8. Take this list, tear it out of the paper, and write your own ideas down, too!

College can be an expensive waste of time, or it can be pretty awesome. You decide!



Photo by Nate Bassett
MSU student Brett Gerlt walks into the Plaster Student Union a few days before the start of classes.

Join The Underground

Greetings, readers. To all of you, from freshmen to grad students, I'd like to extend to you an invitation to contribute to this publication.

See that box to the left? We'd love to add your name to the list.

As a completely independent student newspaper, we want to comprehensively cover the MSU campus.

But we need your help, rather it be as an occasional contributor or as a full-fledged staff member.

You don't need previous experience to contribute,

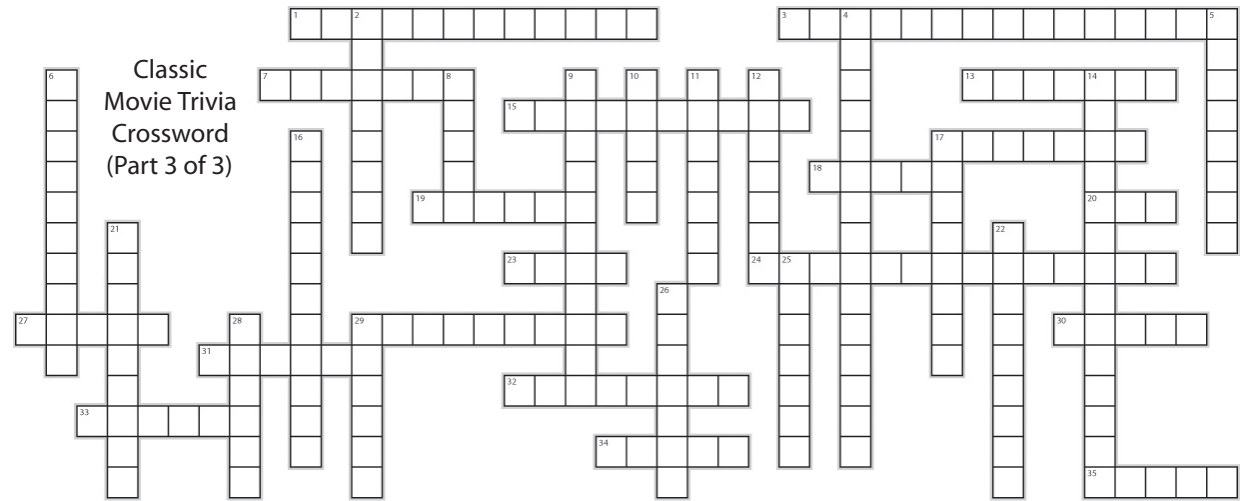
you just need a passion for the product.

We strive to make *The Underground* a learning environment, a place where you can really build your resume and portfolio.

And it's a lot of fun to be a part of a dedicated team. Email us at msu.underground@gmail.com.



Zach Becker
Editor-in-Chief



Across

- Elvis Presley sings this film's title entire song, in one take, shot through the lens of one camera
- Elia Kazan's allegorical film about the communist witch hunts of the 1950s
- A series of six films pairing William Powell and Myrna Loy
- What we learn to love in the alternate title of Dr. Strangelove
- The first collaboration of John Ford and John Wayne
- He directed The Great Escape
- The 1930 film All Quiet on the Western Front is noted for lacking this
- The "magnificent bastard" Patton outmaneuvers in the 1970 film
- Gone with the Wind won ____ Oscars
- Warner Bros. highest grossing film of 1954 featuring giant ants
- The last line of the 1959 film Some Like It Hot
- Bogart's character in The Caine Mutiny
- Title of the George Bernard Shaw play that eventually became the 1964 film My Fair Lady
- Actor playing Captain Nemo in the 1954 film 20,000 Leagues Under the Sea
- Actress playing Angela Vickers in A Place in the Sun
- Actor who appeared in all five original Planet of the Apes films and the television series
- Director of the 1944 film Double Indemnity
- Bogart and Bergman, "will always have ____"
- The only silent film to win a Best Picture Oscar

Down

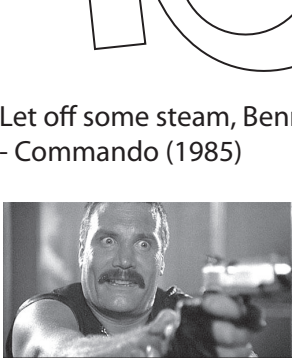
- This actor was "The Bad" in The Good, the Bad, and the Ugly
- "The hills are alive with," the title of this 1965 film
- The Lost Weekend was the first film to feature this early electronic instrument
- The first in a series of films featuring a VW Beetle with a mind of its own
- In the 1951 film The Day the Earth Stood Still, the phrase that stops Gort is, "Klaatu barada ____."
- She appeared in Miracle on 34th Street and Rebel Without a Cause
- Old Yeller is set in this state
- Henry Fonda's character in the The Grapes of Wrath
- This actor plays Vin in The Magnificent Seven
- Judy Garland sang this song, which AFI named the greatest movie song of all time
- Bogart and Bacall pair up in this 1946 film by Howard Hawks
- Directed the 1974 film, Alice Doesn't Live Here Anymore
- Town that is the setting of The Music Man
- Director of The Wild Bunch
- Donald Sutherland plays this character in Kelly's Heroes
- Actor playing Danny Ocean in the 1960 film Ocean's Eleven
- He wrote the novel All the King's Men that became a 1949 movie
- The soldiers of The Dirty Dozen are recruiter from here




10

Arnold Schwarzenegger Movie Quotes


Let off some steam, Bennett.
- Commando (1985)




Consider that a divorce.
- Total Recall (1990)




To crush your enemies, see them driven before you, and to hear the lamentation of their women!
- Conan the Barbarian (1982)




My name is Freeze; learn it well, for it's the chilling sound of your doom.
- Batman and Robin (1997)



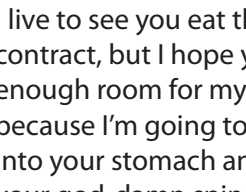
Hasta la vista, baby.
- Terminator 2: Judgment Day (1991)




All I know is that there is somebody in my house, eating my birthday cake, with my family, and its not me!
- The 6th Day (2000)




I'm not a pervert! I was just looking for a Turbo Man doll!
- Jingle All the Way (1996)




If it bleeds, we can kill it.
- Predator (1987)



I live to see you eat that contract, but I hope you leave enough room for my fist because I'm going to ram it into your stomach and break your god-damn spine!
- The Running Man (1987)



I'll be back.
- The Terminator (1984)



Ride more, drive less

Back to class does not have to mean back to futilely searching for a parking spot everyday.

We have a suggestion; leave the car parked at home or at the dorms and ride a bike instead.

Simple, convenient, and non-polluting, it will not cost you a dime in gas money. Plus, you can tone those leg muscles.

Almost half of the trips people make in a city like Springfield are three miles or less, so why not ride a bike instead of driving a car?

Bicycles are not just for little kids or skinny men in spandex suits. Riding a bike can be fun, yes, but it is also an extremely effective way of getting where you need to go.

Live a mile or two from campus and heading to class? Forget fighting for parking; ride a bike.

Going downtown for a good time with some friends? Forget about getting a ticket for accidentally parking in a poorly-labeled bus zone and ride a bike.

MSU is ideally located close to the urban center.

Bicyclists enjoy the many bike routes Springfield offers. Also, the local streets are wide enough to accommodate cyclists and drivers.

Uncomfortable riding in heavy traffic? Scope out the side streets instead.

On that note, riders should be aware of the correct way to ride *in and with* traffic, for their own safety.

Dr. Andrew Cline, journalism professor at Missouri State, also writes Carbon Trace, a blog about cycling in Springfield.

Two things people should know, he says, is that first, riding a bike for basic transport is easy. Second, you belong on the road.

This may seem confusing, because most people learn to ride a bike during their childhood. Riding into traffic is something parents generally frown on.

As Dr. Cline points out, when you come to college, you are an adult, and cycling is a perfect example of a way to embrace adulthood by riding like an adult.

People riding bicycles have all the same rights and responsibilities as people driving cars.

What does this mean? Riders should have a “car mentality,” meaning you may not be a car, you may not look like a car, but you



should act like a car.

This may seem intimidating, but studies also show that cyclists who ride in the street and follow the same traffic rules as drivers (not running red lights, yielding, etc) are far less likely to get in an accident.

Dealing with cars is not as challenging as it may seem. On a bike, riders are able to be more aware of their surroundings and can react to dangers better than a driver cocooned in a car.

While cyclists should be responsible, they should also be alert and ready to respond to the mistakes of drivers.

Some people may have the misconception they need a good bike to start riding full time. Dr. Cline says any bike will do, and “as long as it’s in good repair, cheap bikes are fine.”

Students can find inexpensive bikes at yard sales, thrift stores, and on Craigslist.

Local bike shops like Queen City Cycles, located downtown, can easily provide a

tune up that will run you a fraction of the cost of any routine maintenance on a car.

Dr. Cline expects Springfield to be recognized as a “Bicycle Friendly City” by the League of American Bicyclists. This means that the civic government uses methods to encourage and support people who use bikes as transportation.

Using a bike as a way to get around town instead of the car will keep you in shape. As Dr. Cline points out, even the light aerobic exercise of pedaling without busting out high speeds on a bike burns a fair amount of calories.

Second, cycling produces no air pollution (well, except for that foul smell of sweat after a long ride).

More people on the road means more attention towards the needs of cyclists. The most obvious reason to ride is simple; it’s extremely cheap.

A good guide to getting started bicycling instead of driving is Drive Less, Live More,

an informational booklet produced by the Sustainable Transportation Committee of the Ozarks.

You can download it as a PDF at Dr. Cline’s blog Carbon Trace, located at <http://isocrates.us/bike/>. It features a Rules of the Road section, a handy map featuring all the bike lanes and routes in Springfield, and many basics on safety and reasons why cycling is a good idea.

It is a great way to learn how to ride like an adult, ditch the car, and hit the street on a bike.

Remember, cycling can be a great way to get around, whether it’s going somewhere to pick up groceries or heading out for a good time. College is about growing up, and trying new ideas and different habits.

We encourage all Missouri State students to dust off their bicycles and get out and ride.

**-Nate Bassett
For the Editorial Board**

Nature Center offers hiking

By Zach Becker

For hikers and lovers of the outdoors, the Springfield Conservation and Nature Center can provide a welcome respite from the busy collegiate lifestyle.

With a main central building featuring ever-changing exhibits on wildlife, as well as three miles worth of outdoor wooded hiking trails, volunteers at this free-of-charge Springfield attraction hope to expose people of all ages to the beauty of the Ozarks.

“It’s a really great place to hike,” said Kim Banner, who works as a Naturalist at the Nature Center providing education programs. “Some of (the trails) are a little bit more challenging, a little bit hilly. You see a lot of nature first hand: lots of deer, lots of turkey, reptiles, lizards, turtles, snakes; all kinds of different things.”

Hiking is open to the public year round. However, newcomers to the area may wish to join the Nature Center’s hiking club.

A volunteer naturalist leads this club on hikes through different conservation areas in Missouri’s southwest region.

“If they like hiking and they don’t know

Springfield Conservation & Nature Center
Open Daily: 8 a.m. - 9 p.m.
(417) 888-4237

where to go and they don’t have a person to hike with, that’s really a good thing for them to do,” Banner said.

The Nature Center hosts a multitude of exhibits and special events each month, exploring everything from insects and venomous snakes to hunter safety and snorkeling.

Located in southeast Springfield, the Springfield Conservation Nature Center is located just west of US-65 off the James River Freeway (US-60). The area is open daily 8 a.m. to 9 p.m.

The main building is open every day from 8 a.m. to 5 p.m. For more information or to sign up for its programs, contact the Nature Center at (417) 888-4237 or go to www.mdc.mo.gov/2360.



Photo by Zach Becker
A chipmunk hides in the brush along the three mile trails at the Springfield Conservation and Nature Center. The conservation area plays host to a number of wildlife, including wild turkeys, deer, snakes, various insects, lizards, and rodents, among others.

Back to Class



Photo by Nate Bassett
A group of students walks between buildings during the week prior to the start of school. Missouri State starts classes August 24.

Need Copies?

Because we know....
Money Doesn't grow on trees.

Now offering the best
Student Discounts in town!

COPIES
BUSINESS CARDS
FLYERS
FAXING
POSTERS
DESIGN
PRINTING

MP
DOWNTOWN
MINUTEMAN
PRESS

334 E WALNUT
SPRINGFIELD, MO 65806
(on the corner of WALNUT & JEFFERSON)

417.866.7261
Monday - Friday
8:30am to 5:00pm

"Your Downtown Print and Copy Connection!"

417.866.7261

~~DORM~~ Residence Hall

SURVIVAL GUIDE

Welcome fellow students of Missouri State University. As an expert of living in residence halls - yes, residence hall (your home away from home isn't a dorm) - I'm here to tell you a few secrets about your "res hall". Missouri State University provides more comforts than you can possibly imagine, and has more rules too. To help you get through the first few weeks, I've made of list the most important things I'm sure you may not know about:

*Sincerely,
A girl who survived her first year of college at MSU*

Part 1: The Basics

1. Turn in your room condition report to your Resident Assistant.

- a. When you move in, you'll get this long piece of paper with a bunch of little boxes for check marks and comments. Go to your room, fill it out and turn it back in!
- 2. Make sure you have a Zip card! You need it for almost everything.** This new piece of plastic with your lovely face on it does the following:
 - a. Lets you eat. You have to swipe your card in order to get into the dining halls. The only other way is cash, and it's five dollars.
 - b. Lets you check out stuff. Missouri State wants you to be cozy and clean,

and you can check out tons of stuff like vacuums, pots and pans, movies, games, carts, fitness keys, and tools at the front desk of your residence hall.

- c. Lets you check out books at the library. Whether you are a book worm or need to get extra materials for class, you need your zip card for the library (We have more than one on campus; go to Library.missouristate.edu for more info).
- d. Lets you use the Plaster Sports Complex Fitness Center: at the PSC, the building right behind the track and on the second floor at the very end of the hall, you will find a fitness room just for students. You need to swipe your zip card to use it.

3. Your Access card and keys: treat those babies as if they are diamonds!

- a. All Residence Halls lock at 7 p.m., and unless you bang on the door and show identification, you aren't getting in.
- b. Misplacing your access card costs you money. It is fifteen dollars to replace a lost access card and no, you can't just go without one (if you lose your access card, go to your front desk of your res hall immediately!) If you have to replace your access card, the charges are billed to your account, so don't try to pay at the front desk.
- c. Losing a key is like pulling teeth. The residence hall has to have a professional

come and do a core change and you are charged \$10 for the key and \$25 for the core change.

4. Information about your room:

- a. You should have an internet jack just for you (you need an Ethernet cord for the jack. Don't try to bring telephone wire).
- b. That green box in your room is not for trash. People recycle here on campus, so fill it up and ask your RA were to dump it.

5. Read those lovely fliers and signs your RA has taken the time to hang up.

- a. The fliers provide information about everything from mandatory floor meetings to yoga classes and free activities taking place on campus.

Part 2: The Rules

1. Your RA is not a monster!

- a. Notice the door in your hallway covered with a million decorations? Unless there is a creepy person who loves to make name tags of themselves in bright colors and hang them on a random door, the person with a ton of door decks is most likely your RA and they are trained to assist you.
- b. Don't be afraid to ask questions, they have answers.
- c. They have lived on campus for over a

year and are familiar with many buildings and resources you need.

2. Know the rules, so you can avoid trouble.

- a. Just because you're new here, doesn't mean you can't become familiar with the policies, and some of them have harsh consequences if violated.
- b. Don't bring alcohol on campus. Not bringing alcohol on campus will save you a headache and the university a bunch of paperwork.

- c. If you can't fight that urge to slurp your beer in your suite, you should know the consequences:
 - i. First Violation: You will have to take a four-hour class that costs you money; \$45.00, which goes towards alcohol education programs run by the Judicial Programs.
 - ii. Violation number two lands you a conference and a fine of \$90.00.
 - iii. Violation number three hurts you more than you know. You will be put

under probation and have to pay a fine of \$135.00.

- iv. Violation number four: kiss living in the residence halls goodbye. "You're out of here!" for a semester.

3. Read the Guide to Residence Hall Living if you live on campus. Your RA will give you this lovely spiral book at your first floor meeting.

4. Have fun! We are here to learn, to live, to dream and to rock out our years while we can. Know the rules and stay safe.

Students battle video game addiction

by Jason McGill

Harmless relaxation? Or addiction?

While classifying video games as an addiction might have seemed unimaginable twenty years ago, what started out as harmless fun may be interfering with the daily lives of people across the country.

Brothers Mike and Steve can attest to the addictive power of gaming.

"A year of my life is gone," Mike said, describing how he has trouble remembering what happened outside the game world during 2007, when he played 25 to 30 hours just on weekends. "I know how, but I don't really remember why I did those things. That's what's scary."

"It's weird, it's like everything I value, my family and friends, just disappeared."

The brothers spoke on condition of anonymity (the names Mike and Steve are pseudonyms) because of the embarrassing nature of their problem. Mike attends Missouri State, while Steve just started at Ozarks Technical Community College.

Both men said they play more video games than they should. Steve play games nine hours on his days off from work and a couple of hours on work days as well. Mike said he has cut down slightly from his gaming

peak and now spends closer to 20 hours a week playing.

Both spoke of the sense of achievement they felt from playing video games, even while acknowledging it was all virtual. "I love the teamwork aspect," Mike said, "how everyone has a job to do and we all rely on each other to get things done."

Steve likes how games are always available. "Doesn't matter what time it is, you can always play," he said. "It's easy; it's a good way to fill time."

Behaviors like these impact college students all over the country. According to the American College Health Association's National College Health Assessment, 10.8 percent of students reported internet use or computer games had a negative impact on their academic performance, compared to 11.2 percent for depression and 4 percent for alcohol use. One-fifth of students reported sleep difficulties, some of which could be caused by late nights of gaming or internet use.

"I'll get home from work at eleven," Steve said, "and I'll be like, 'I'm only going to play for an hour,' and suddenly it's three in the morning."

"It's not that I put off this or that specific thing to play," Mike said, "but I'll be

so tired the next day that I won't do as much as I want to or need to."

Dorothy Warner, in Current Psychiatry, wrote video games facilitate, "the experience of 'flow' - a mental state of positive energy and effortless focus." She compares it to the sensation reported by athletes and artists, including how time seems to become distorted.

Liz Woolley is the founder of On-Line Gamers Anonymous, whose website, www.olganon.org, supports an online community helping people recover from the problems caused by excessive game playing. She believes warnings about excessive gaming should get equal time in university programs with warnings to students about drug and alcohol abuse.

"The gaming companies spend millions of dollars a year on 'research' to try to figure out how to keep the gamer," Woolley said. "Supposedly, (video games) are better than drugs or alcohol (for students), but I don't think so."

The OLGA website offers a list of over 40 questions people can use to assess their relationship with gaming. Some of the questions in this self assessment describe symptoms commonly associated with alcoholism, such as, "Do you try to hide how long you've been gaming?" and "Have you missed work/school because of your game playing?" It's offered as a guide, not a diagnostic tool, with the website telling visitors, "You must determine if you think excessive gaming is a problem."

Whether excessive gaming amounts to addiction is still an open question. As reported in Current Psychiatry, the American Medical Association determined last June that insufficient evidence existed to declare gaming as an addiction. The report said the American Psychological Association may consider adding gaming or internet addiction to its Diagnostic and Statistical Manual of Mental Disorders, or DSM-V, due to be published in 2012.

Woolley supports the addition of a gaming diagnosis to call more attention to the problem, but she doesn't like the word "addiction."

"Some people call it excessive gaming, others say obsessive, others say compulsive, others use gaming addiction," Woolley said. "We tell a person if they think they have a problem with excessive gaming, they probably do."

Woolley also urges more research to be done on the effects of excessive play on the brain. "I have seen day after day the effects excessive gaming can have on a person's life," she said. "It is very sad."

Dr. Doug Greiner, Director of the Counseling and Testing Center at MSU, also shies away from the word "addiction" in connection with gaming. He describes addiction as involving chemical and biological changes in the brain, as well as social and behavioral effects. Dr. Greiner said behaviors like obsessive, uncontrollable thinking about gaming are symptoms he doesn't see often.

"Usually, behaviors like these are symptomatic of avoiding other activities, like going to class or going out with friends," he said. In this way, excessive gaming or internet use can mask deeper problems such as social phobias, depression, or other addictions.

Steve acknowledged, since he has moved back from Kansas City, he plays games more and goes out drinking less. "Now that I'm back here," he said, "I

don't really know anyone anymore and playing video games really fills the time where I used to be partying a lot."

Steve's experience of adjusting to a new social setting mirrors that of many college freshmen. Woolley said freshmen are more vulnerable to excessive, habitual playing. "This may be their first time away from home," she said, "They may feel overwhelmed with life as an adult. They may be failing some classes. An easy escape is gaming."

Dr. Greiner said that freshmen do typically go through an adjustment period, but they are not any more at risk than other students. "You usually see, as time goes on, freshmen getting more involved with classes and with activities at the dorm and so on," he said, "and so I would say anyone is at risk."

"Anybody can get pulled too far into it because it's not something they ever think they have to be careful about," said Peter Mastroianni, Health-Education Coordinator of the State University of New York at Stony Brook, to The Chronicle of Higher Education. "They know about the risks of drugs and sex, but who ever thinks they have to approach a computer carefully? Their guards are down."

Dr. Greiner said this kind of problem develops slowly over time. Students may notice more and more preoccupation with the game or the internet, manifesting in avoiding commitments, cutting class, or missing assignments. He said a particular warning sign would be spending extraordinary amounts of money on your habit and borrowing or even stealing to support it.

Dr. Greiner also suggested using common sense. "We've all been there,"

Grenier said, "where we look up something on the internet and ten minutes later we look up and say, 'How did I get to this site?'"

Woolley said to remember to not let any one thing dominate your time. "We promote balance in a person's life," she said. "Do all things in moderation."

The Counseling and Testing Center at MSU has counselors experienced in dealing with gaming and internet compulsion. Students seeking help with these or other issues can visit their offices at Carrington Hall, Room 311, or call them at 836-5116. The Center also encourages students whose friends may be showing signs of trouble to contact them for a consultation about the best way to help.

The OLGA website, www.olganon.org, has many active forums for gamers or friends and family of gamers dealing with the fallout from excessive gaming problems. They also host live weekly chats and can help find face-to-face counselors. These services are free and anonymous.

"When I was at my worst, I was deep in denial about it," Mike said. "I would keep making plans to cut back and control it, but they never worked." The futility of these efforts, Mike said, lead him to see the extent of the problem and begin to make real changes.

Mike plans to go "cold turkey" from games this semester, taking it as far as deleting Minesweeper and Solitaire from his computer. Steve said once he gets into school, he'll be able to put down the games and focus on studies. Neither one ruled out seeing a counselor if gaming continues to be a problem.

To read the complete interview with Liz Woolley, please visit our website at msu-underground.com.

